

# Keep Fit

Check out our school holiday activities at [www.oclactive.co.uk](http://www.oclactive.co.uk)

Monday 25<sup>th</sup> July to Friday 2<sup>nd</sup> September  
this school holiday

Please pre book

## Basketball Camp

Slam dunk, shoot hoops and improve your balance and co-ordination at OCL's coached basketball session.

Failsworth Sports Centre	Thursdays and Fridays 28, 29 July, 4,5 Aug, 11,12 Aug and 1,2 Sept	10am to 2pm	£7.50 per day	Over 8s only
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## Canoeing Coaching

Safe and fun environment to learn and develop canoe skills

Please pre book

Crompton Pool	just Friday 19 Aug	1pm to 2pm 2pm to 3pm	£5 per hour	ages 8 to 14 (incl), must be able to swim 50 mtrs
Crompton Pool	just Friday 2 Sept	1pm to 2pm 2pm to 3pm		

## Diving Tuition

Fun classes to improve and learn how to dive.

Please pre book

Oldham Sports Centre	Monday, Tuesday, Thursday, Friday just 8, 9, 11 12 Aug	3pm to 3.30pm 3.30pm to 4pm	£18 for four 30 min lessons	ages 5 to 16 (incl)
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## Family Fun Pool and Splash Sessions

A fun pool session with mats, toys and balls especially for families!

Failsworth Sports Centre	Monday to Friday from 25 July to 2 Sept, except Bank Holiday 29th	11am to 12 noon	Junior £2.50 Adult £3.50	Pool Admission Rules Apply*
Crompton Pool	Monday to Thursday from 25 July to 5 Sept except Bank Holiday Monday 29th August	1.30pm to 3pm		
Crompton Pool	Saturdays from 30 July to 3 Sept	1.30pm to 2.30pm		

## Giant Dolphin Slide and Pool Fun Splash Sessions

Main Pool and Learner Pool - rafts and floats, and giant dolphin slide in dive pool (until 3pm)

Oldham Sports Centre	Monday to Friday from 1 Aug - 2 Sept, except Bank Holiday 29 Aug	1pm to 3.30pm	Junior £2.50 Adult £3.50	To access the slide participants must be able to swim 25 metres
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\*Pool Admission Rules:

All children under the age of 8 must be accompanied in the water by a parent or responsible adult (aged 18 years and over). An adult cannot be responsible for supervising more than two children under the age of 8.

All non-swimmers must wear a floatation device unless closely supervised on a one-to-one basis by an adult who can swim. All non-swimmers and those wearing floatation devices are restricted to the designated shallow areas at all times and are not permitted to enter water of a depth greater than 1.35m. Please see [www.oclactive.co.uk](http://www.oclactive.co.uk) for full details.



# Go! Oldham

Visit [www.gooldham.com](http://www.gooldham.com) for more fun stuff to do.



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## Handball

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Fun coaching camps for Handball

Oldham Sports Centre	Thursday 4 Aug and Friday 5 Aug	10am to 3pm	£7.30 per day	For more info contact OAFc on 0161 678 8464 or e-mail <a href="mailto:office@oldhamathletic.org">office@oldhamathletic.org</a>
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## Intensive Learn to Swim

Please pre book

Intensive half hourly lessons for five continuous days to make a significant difference in swimming ability in just one week.

Chadderton Wellbeing Centre	Daily - Monday 22 Aug to Friday 26 Aug	9.30am to 10am 10am to 10.30am 10.30am to 11am 11am to 11.30am	£23.75 for five 30 minute sessions	To book please contact 0161 770 5656
Oldham Sports Centre	Daily Monday 8 Aug to Friday 12 Aug	9.30am to 10am 10am to 10.30am 10.30am to 11am 11am to 11.30am		To book please contact 0161 621 3340
Royton Pool	Monday to Friday just 25 July to 29 July	9am to 9.30am 9.30am to 10am 10am to 10.30am		To book please contact 0161 621 3250

## Parent and Baby Pool Sessions

Sessions for both Parent & Baby to increase baby's water development!

Failsworth Sports Centre	Tuesdays from 26 July to 30 Aug	12 noon to 1pm	£3.80	Parent or guardian must go into the water with baby
Royton Pool	Saturdays from 30 Jul to 3 Sept	12 noon to 12.45pm		
Royton Pool	Thursdays from 28 July to 1 Sept	11.15am to 12 noon		

## Rookie Lifesaving Course

Please pre book

This course has been designed to give your child the basics of what to do in a real water emergency, techniques such as towing strokes and lifts will be covered.

Failsworth Sports Centre	Monday to Friday from 22 Aug to 26 Aug	9am to 10am	£23.75 for five one hour sessions	Limited spaces, must be booked and paid for in advance! Children must be aged 8yrs+ and be able to swim 50m+
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## Splash Sessions

*Fun session with floats, rings, balls and small slide (where available).*

Glodwick Pool (with small slide)	Every Monday, Wednesday, Thursday and Friday between 25 July and 2 Sept, except Wednesday 17 Aug and Bank Holiday 29 Aug	1pm to 3.30pm	£2.50 Junior £3.50 Adult	Pool Admission Rules Apply* During busy times sessions may be restricted to one hour
Failsworth Sports Centre	Monday to Friday from 25 July to 2 Sept, except Bank Holiday 29th	1pm to 2pm		
Chadderton Wellbeing Centre	Monday and Thursday Only from 25 July to 1 Sept	10.45am to 11.45am		
Chadderton Wellbeing Centre	Fridays from 29 Jul to 2 Sept	4.30pm to 5.30pm		
Chadderton Wellbeing Centre	Saturday and Sundays from 30 July to 4 Sept	9am - 10am		
Chadderton Wellbeing Centre	Sundays from 31 July to 4 Sept	1pm to 2pm		
Oldham Sports Centre (see under Giant Dolphin Slide for more sessions)	Monday to Friday from 25 Jul to 29 Jul	1pm to 3.30pm		
Royton Pool	Mondays from 25 July to 22 Aug	1.15pm to 2.15pm 2.30pm to 3.30pm		
Royton Pool	Tuesdays from 26 July to 30 Aug	1.15pm to 2.15pm 2.30pm to 3.30pm		
Royton Pool	Wednesdays from 27 July to 31 Aug	10.45am to 11.45am 1.15pm to 2.15pm		
Royton Pool	Thursdays from 28 Jul to 1 Sept	2.30pm to 3.30pm		
Royton Pool	Fridays from 29 Jul to 2 Sept	1.15pm to 2.15pm		
Royton Pool	Saturdays from 30 Jul to 3 Sept	1pm to 2pm		
Saddleworth Pool	Mondays, from 25 July to 22 Aug	1pm to 2.30pm		
Saddleworth Pool	Tuesday and Thursday from 26 Jul to 2 Sept Except Thursday 23 Aug finish at 2.30pm	1pm to 3.30pm		
Saddleworth Pool	Every Wednesday from 27 Aug to 31 Aug	2.30pm to 3.30pm		

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## Startrack - Athletics Camp

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Athletic Camp for 8yrs+ with a new and exciting programme for 2011 including Quad Kids competition.

The Radclyffe Athletic Centre	Monday to Thursday just 8 to 11 Aug	10am to 3pm	£40per week	
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## Street Cheer / Glee

Please pre book

Cheerleading, a unique fusion of street dance and cheerleading moves with a Glee twist!

Failsworth Sports Centre	Monday to Friday from 22 Aug to 26 Aug	2pm to 4.30pm	£5 per session, or £20 for the week	ages 5 to 16 For more info contact O AFC on 0161 678 8464 or e-mail office@oldhamathletic.org
Failsworth Sports Centre	Monday to Friday from 25 July to 29 July	2pm to 4.30pm		ages 5 to 16 For more info contact O AFC on 0161 678 8464 or e-mail office@oldhamathletic.org
Failsworth Sports Centre	Monday to Friday from 8 Aug to 12 Aug	2pm to 4.30pm		ages 5 to 16 For more info contact O AFC on 0161 678 8464 or e-mail office@oldhamathletic.org
Oldham Sports Centre	Monday to Friday from 1 Aug to 5 Aug	2pm to 4.30pm		ages 5 to 16 For more info contact O AFC on 0161 678 8464 or e-mail office@oldhamathletic.org
Oldham Sports Centre	Monday to Friday from 15 Aug to 19 Aug	2pm to 4.30pm		ages 5 to 16 For more info contact O AFC on 0161 678 8464 or e-mail office@oldhamathletic.org

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## Teen Gym

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Teen Gym is a great way for teenagers aged 13-15 to work out in the gym. Sessions below do not include many of our existing Teen Gym sessions across our gyms.

Chadderton Wellbeing Centre	Monday to Friday from 25 July to 2 Sept, except Bank Holiday 29th	4.15pm to 5.15pm	£3.25 per session	Parental consent/screening form needs to be completed prior to use. Booking in advance is essential.
Chadderton Wellbeing Centre	Saturdays from 23 July to 3 Sept	2pm to 3pm		
Failsforth Sports Centre	Monday to Friday from 25 July to 2 Sept, except Bank Holiday 29th	11am to 12 noon		
Royton Pool	Mondays, Tuesdays, Thursdays only from 25 Jul to 1 Sept	3.30pm to 4.30pm		
Saddleworth Pool	Monday to Friday 25 July to 2 Sept, except Bank Holiday 29th	4pm to 5pm		
Saddleworth Pool	Every Sunday 31 July to 3 Sept	11am to 12 noon		

## Trampoline Coaching

Please pre book

Pike, tuck and summersault your way to Oldham or Failsforth to try trampolining

Oldham Sports Centre	Mondays only 25 July, 1 Aug, 8 Aug, 15 Aug, 22 Aug	12 noon to 1pm Under 8s	£3.70 per one hour lesson	Instructor Toni Britain. Booking in advance is encouraged as spaces are limited.
Oldham Sports Centre	Mondays only 25 July, 1 Aug, 8 Aug, 15 Aug, 22 Aug	1pm to 2pm Over 8s		
Failsforth Sports Centre	Fridays from 29 July to 2 Sept	10am to 11am Under 8s		
Failsforth Sports Centre	Fridays from 29 July to 2 Sept	11am to 12 noon Over 8s		

## Twinkle Gym

Soft play, bouncy castle, bikes and toy session.

Failsforth Sports Centre	Mondays from 25 July to 22 Aug	1.30pm to 3pm	£2.00	Under 5s. Adults must remain in attendance at all times.
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## **Bishop Park Pitch & Putt**

18 hole putting green,  
9 hole pitch 'n' putt

Halifax Road,  
off Ripponden Rd,  
Moorside,  
Oldham OL3 6UN

Telephone Bookings:  
0161 621 3313

## **Chadderton Wellbeing Centre**

Swimming Pool, fitness suite,  
meeting rooms, café, library

Chadderton Wellbeing Centre,  
Burnley Street,  
Chadderton,  
Oldham  
OL9 0JW

Telephone Bookings:  
0161 770 6666

## **Chapel Road Synthetic Pitch**

Full size synthetic turf,  
meeting room

Grammar School Rd,  
off Manchester Rd,  
Hollinwood,  
Oldham OL8 4QY

Telephone Bookings:  
0161 621 3300

## **Crompton Pool and Fitness**

Main pool, learner pool, café area,  
Fitness suite'

Farrow Street,  
Shaw,  
Oldham OL2 8NW

Telephone Bookings:  
0161 621 3260

## **Failsworth Sports Centre**

Main pool, outdoor tennis courts,  
synthetic turf pitch, sports hall,  
cricket lane, projectile hall,  
community room, health and  
fitness gym, secondary hall, crèche

Brierley Avenue,  
Failsworth,  
Manchester M36 9HA

Telephone Bookings:  
0161 621 3240

## **Glodwick Pool**

Free form leisure pool, café area

Nugget Street,  
Glodwick,  
Oldham OL4 1BN

Telephone Bookings:  
0161 621 3280

## **Grange Synthetic Pitch**

Artificial turf pitch, outdoor tennis

West End St,  
Oldham,  
OL8 6DY

Telephone Bookings:  
0161 621 3220

## **Oldham Sports Centre**

Main Pool, diving pool, learning  
pool, main hall, combat room,  
squash courts, bowls hall,  
sauna, steam room, rest room,  
café, climbing wall, health and  
fitness gym

Lord Street,  
Oldham OL1 3HA

Telephone Bookings:  
0161 621 3220

## **The Radclyffe Athletics Centre**

8 Lane athletic track, sports hall  
and indoor athletics hall

Hunt Lane,  
Chadderton,  
Oldham OL9 0LS

Telephone Bookings:  
0161 621 3300

## **Royton & Crompton Synthetic Pitch**

Full size Synthetic football pitch

Blackshaw Lane,  
Royton,  
Oldham OL2 6NT

Telephone Bookings:  
0161 621 3300

## **Royton Sports Centre**

Main pool, crèche and health and  
fitness gym

Park Street,  
Royton,  
Oldham OL2 6QW

Telephone Bookings:  
0161 621 3250

## **Saddleworth Pool and Fitness Centre**

Main pool, café area, health and  
fitness gym, dance studio, three  
small sided 3G synthetic pitches

Station Road,  
Uppermill,  
Oldham OL3 6HQ

Telephone Bookings:  
0161 621 3270

For a full list of activities, timetables and opening times please see our website for details. [www.oclactive.co.uk](http://www.oclactive.co.uk)

**Oldham Sports Centre, Head Quarters**, Lord Street, Oldham OL1 3HA

Phone: 0161 621 3200, Fax: 0161 621 3224 [www.oclactive.co.uk](http://www.oclactive.co.uk)



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